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ABSTRACT

This pamphlet contains puzzles, games, and a recipe designed to teach elementary school pupils about wheat. It includes word games based on the U.S. Department of Agriculture Food Guide Pyramid and on foods made from wheat. The Food Guide Pyramid can be cut out of the pamphlet and assembled as a three-dimensional information source and food guide. Cartoons throughout the pamphlet provide facts about wheat and about Idaho. (MAH)

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ED 402 308

Eat WHEAT!

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TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

WHAT DOES WHEAT LOOK LIKE?

How much wheat does a wheat-state grow, in a great wheat state like Idaho?
Enough to fill 3,300 train boxcars full of goodness - that's millions and millions of kernels like this!!
WHEAT KERN

Match the names to the plant parts

Endosperm	Stem	Kernel
Germ	Beard	Roots
Leaves	Bran Layers	Head

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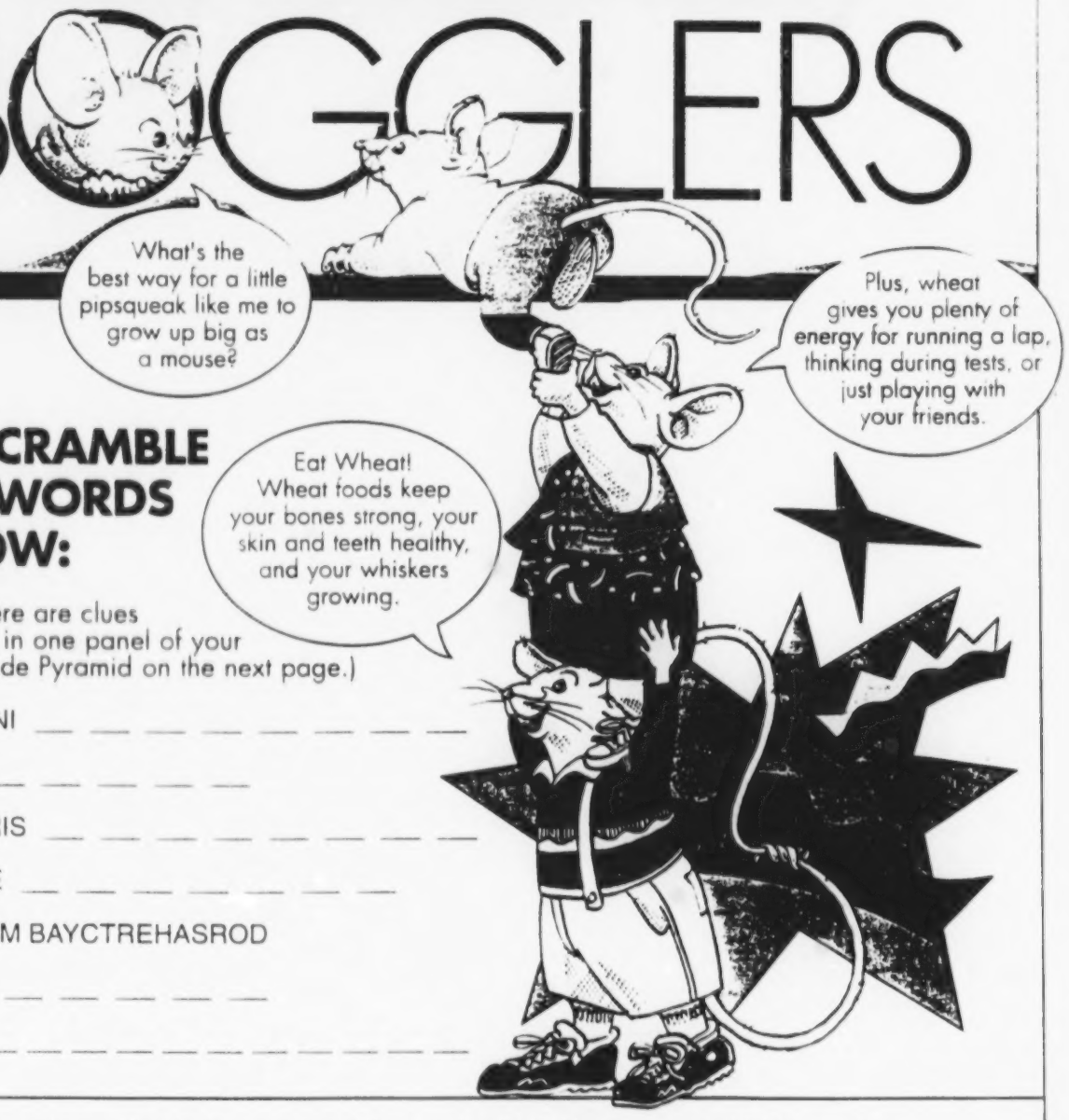
W H E A T

BOGGLERS


What's the best way for a little pipsqueak like me to grow up big as a mouse?
Eat Wheat! Wheat foods keep your bones strong, your skin and teeth healthy, and your whiskers growing.
Plus, wheat gives you plenty of energy for running a lap, thinking during tests, or just playing with your friends.

UNSCRAMBLE THE WORDS BELOW:

(Hint: There are clues scattered in one panel of your Food Guide Pyramid on the next page.)

TISVMANI _ _ _ _ _ _ _ _

BIERF _ _ _ _ _

LAMENRIS _ _ _ _ _ _ _ _

NEGRYE _ _ _ _ _ _

LXPEOCM BAYCTREHASROD

_ _ _ _ _ _ _

_ _ _ _ _ _ _ _ _ _ _ _ _ _

How do we choose foods that are good for our bodies? The answer is hidden in the letters below. Cross out the following letters to discover what it says: B, J, K, N, Q, V, W, X, Z. Then turn the page for even more fun.

Z	X	B	J	N	Q	B	F	O	O	D	X	J	N	Z	W	B	Q
B	N	G	U	I	D	E	X	P	Y	R	A	M	I	D	Z	J	W
A	B	Q	G	U	I	D	E	B	T	O	Z	D	A	I	L	Y	N
X	J	Z	F	O	O	D	W	C	H	O	I	C	E	S	B	Q	X

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YOUR FOOD GUIDE PYRAMID

A GUIDE TO DAILY FOOD CHOICES

TAPE OR GLUE THIS FLAP TO THE BACKSIDE OF THE FRONT PANEL

FOLD

Why eat at least nine servings of bread, rice, pasta, and cereal each day?

Because.

- Because they're chock full of **vitamins, minerals,** and **fiber**
- Because they provide **complex carbohydrates** (which give you **energy**)
- Because they're low in fat (but watch out for the extras like butter that you might add to them...)

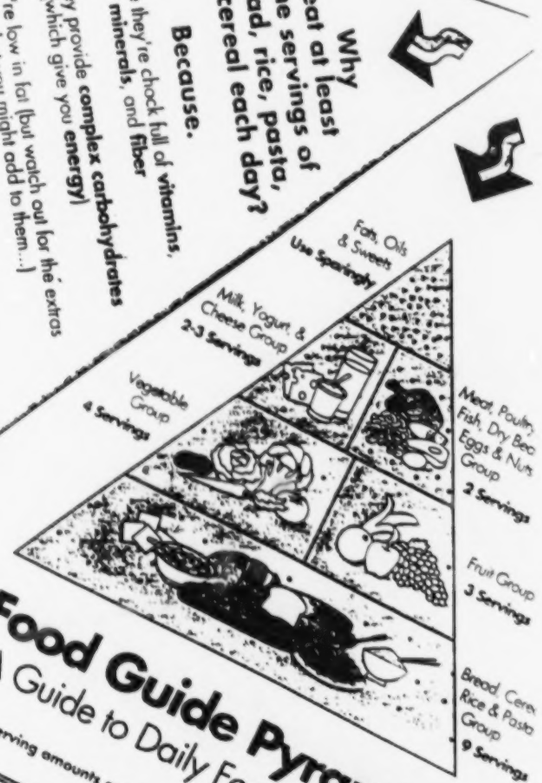
Good Healthy Choices

Pack a pita sandwich in your lunch box. Snack on crackers. Toast some toast for breakfast. Rice is nice any time.

Cut it out! (Butter, margarine, and cream cheese, that is...) Try fruit spreads on your bread instead.

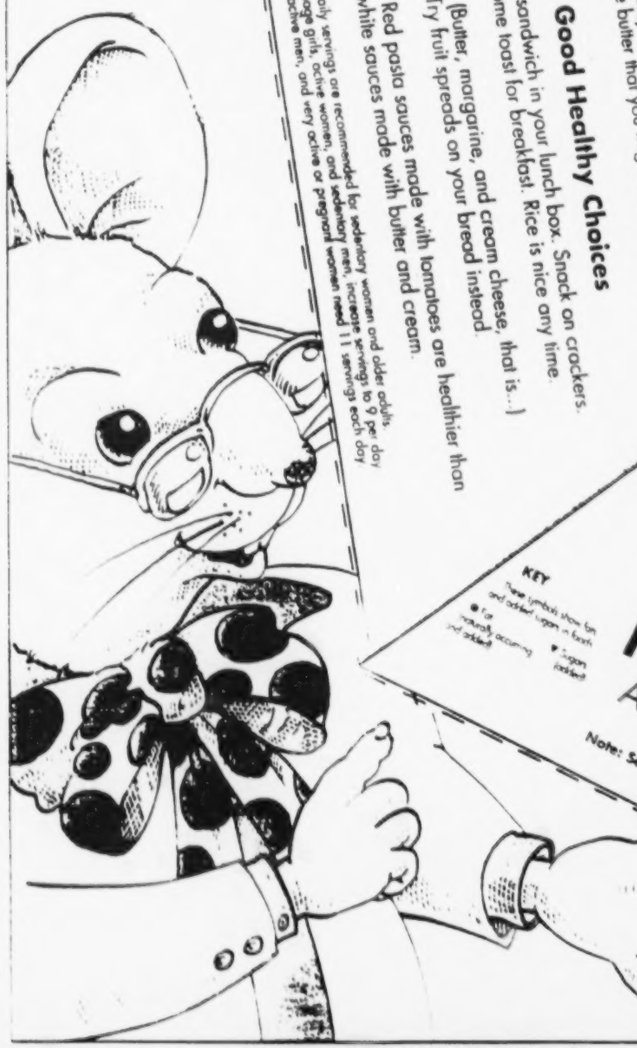
Redder is better: Red pasta sauces made with tomatoes are healthier than white sauces made with butter and cream.

Note: 6 daily servings are recommended for sedentary women and older adults. For children, teenage girls, active women, and sedentary men, increase servings to 9 per day. Teenage boys, active men, and very active or pregnant women need 11 servings each day.



Food Guide Pyramid
A Guide to Daily Food Choices

Note: Serving amounts are those recommended for children.



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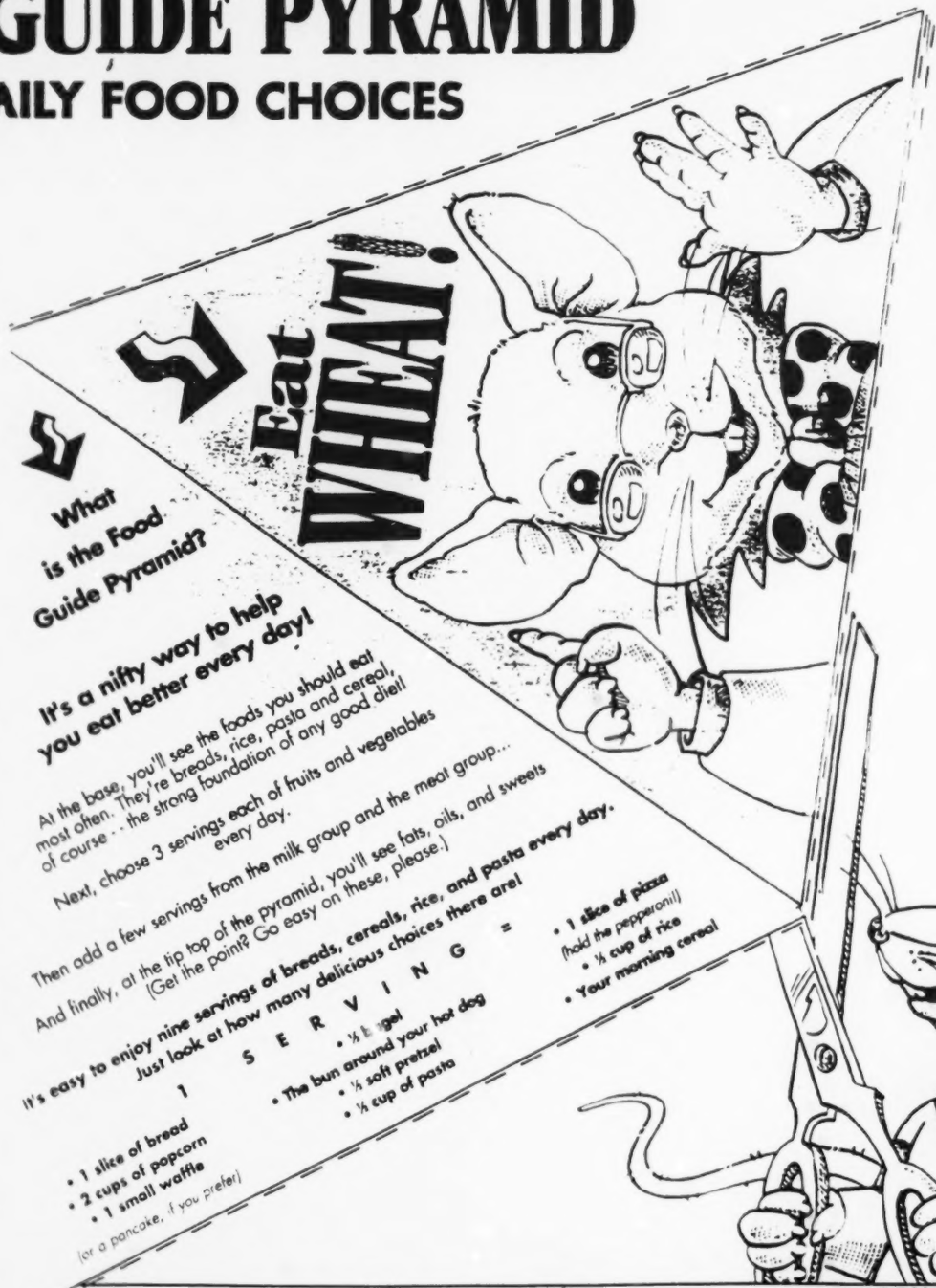

What is the Food Guide Pyramid?

It's a nifty way to help you eat better every day!

At the base, you'll see the foods you should eat most often. They're breads, rice, pasta and cereal, of course - - the strong foundation of any good diet!

Next, choose 3 servings each of fruits and vegetables every day.

Then add a few servings from the milk group and the meat group...

And finally, at the tip top of the pyramid, you'll see fats, oils, and sweets (Get the point? Go easy on these, please.)

It's easy to enjoy nine servings of breads, cereals, rice, and pasta every day. Just look at how many delicious choices there are!

1 S E R V I N G =

- **1 slice of bread**
- **2 cups of popcorn**
- **1 small waffle**

(or a pancake, if you prefer)

- **½ bagel**
- **The bun around your hot dog**
- **½ soft pretzel**
- **½ cup of pasta**

- **1 slice of pizza** (hold the pepperoni!)
- **½ cup of rice**
- **Your morning cereal**

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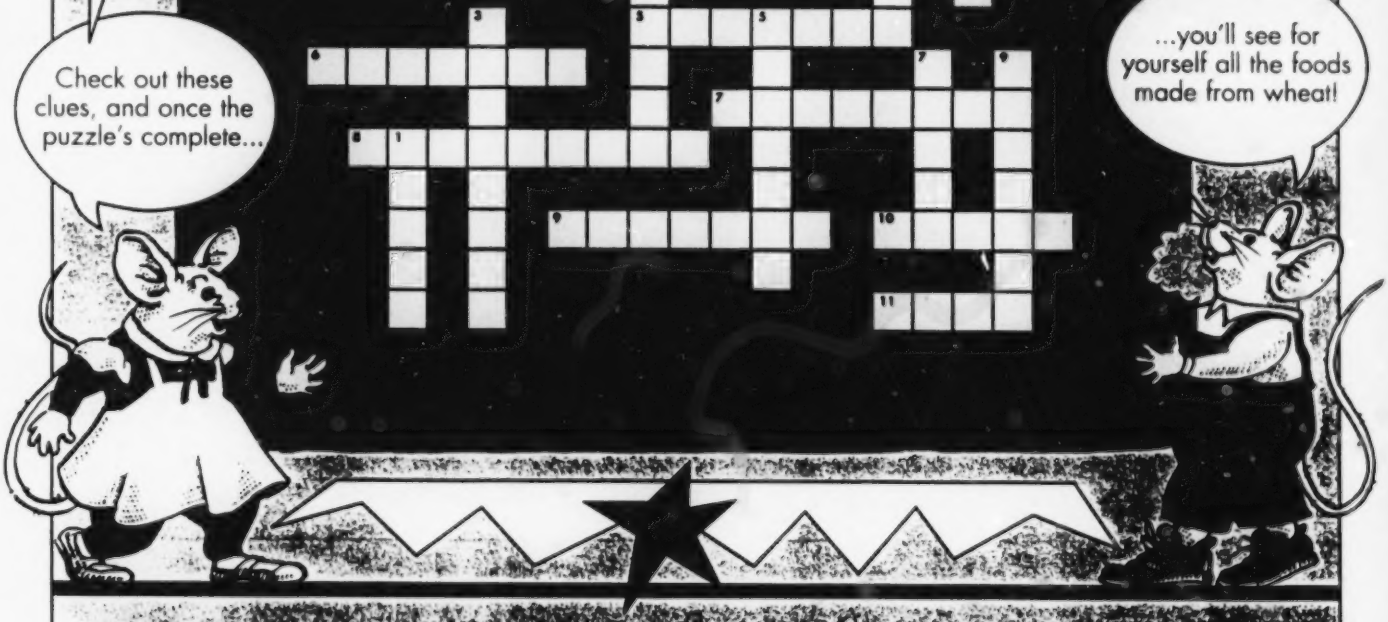
INSTRUCTIONS

To make your food guide pyramid:

1. Carefully take out staples to separate book.
2. Cut along the dashed line. *(The outer border and flap of flattened pyramid)*
3. Make four folds on the lines that separate the four triangles.
4. Tape or glue the flap to the back of the "Eat Wheat" triangle.

WHEAT PUZZLER



ACROSS

1. Eaten on mashed potatoes, this rhymes with navy.
2. You eat this for lunch.
3. This "rope" candy can be red or black.
4. This breakfast snack usually has blueberries in it.
5. A small, individual cake.
6. Your "barking" pet eats this.
7. These are used to make tacos.
8. You eat these long, skinny noodles with meatballs.
9. This snack food is shaped like a bow and has salt on it.
10. You toast this for breakfast.
11. You get this for your birthday.

DOWN

1. The Teenage Ninja Turtles' favorite food.
2. Small, round loafs eaten at dinner.
3. This circular breakfast snack has a hole in the middle.
4. Eaten at breakfast or dinner, they're good with jam, gravy or margarine.
5. Your mom bakes these at Christmas.
6. This breakfast food has little squares all over it.
7. Ground-up wheat kernels this is used to make bread.
8. You slice this dessert and put ice-cream on top.
9. Round and flat, this breakfast food is yummy with syrup.

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WHEAT TREAT
We know wheat foods are really good for us. But how do you think they taste?
Ha ha ha ha ha ha ha ha. Scrumptious, silly!

CHOCOLATE MUNCHIES

INGREDIENTS

1½ cups small marshmallows
½ cup chocolate chips
3 tablespoons skim milk
½ cup powdered sugar
1½ cups graham cracker crumbs
1½ cups apple-cinnamon cereal
no-stick cooking spray

EQUIPMENT YOU WILL NEED

medium mixing bowl, *(microwave safe)*
small mixing bowl
8-inch x 8-inch baking pan
measuring cups
measuring spoons
knife
wooden mixing spoon
rubber spatula

Nutritional analysis per square: 134 calories, 1.8 grams protein, 25.6 grams carbohydrates, 1.05 grams fiber, 3.27 grams fat, 06 milligrams cholesterol. Calorie breakdown: 5% from protein, 74% from carbohydrates, 21% from fat.

WHAT TO DO

1. Lightly spray medium bowl with no-stick cooking spray. Put 1 cup marshmallows, chocolate chips and milk in bowl. Microwave on high for 1 minute and 30 seconds, stopping to stir with the wooden spoon every 15-20 seconds, until marshmallows are completely melted. Remove bowl from microwave. Place 2 tablespoons of mixture in the small bowl and set bowl aside.

2. To medium bowl, stir in powdered sugar and remaining 1/2 cup of marshmallows. Add graham cracker crumbs and cereal. Stir until well mixed.

3. Lightly spray baking pan with no-stick cooking spray. Pour mixture into pan and pat mixture down with your fingers. To keep the mixture from sticking to your fingers, *slightly* moisten your fingers with water. Pour the remaining 2 tablespoons of chocolate over cereal mixture and spread evenly with spatula.

4. Place Chocolate Munchies in refrigerator for approximately 15 minutes or until firmly set. Cut with knife into 12 squares and enjoy.

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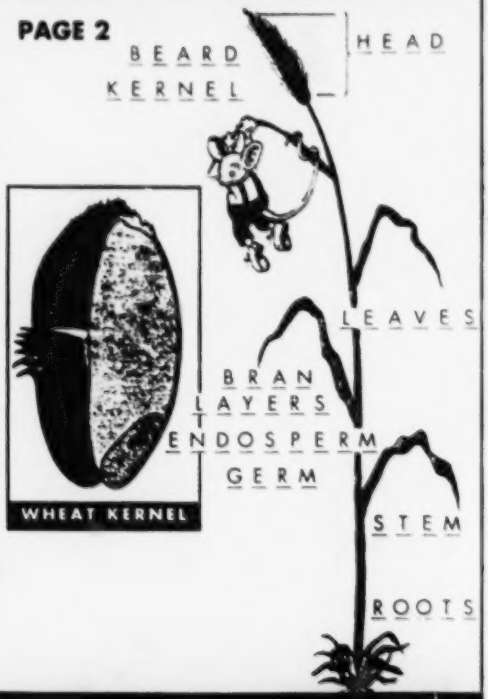
ANSWERS

PAGE 2



PAGE 3

TISVMANI V I T A M I N S

BIERF F I B E R

LAMENRIS M I N E R A L S

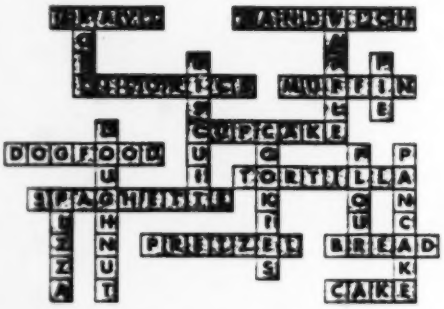
NEGRYE E N E R G Y

IXPEOCM BAYCTREHASROD

C O M P L E X

C A R B O H Y D R A T E S

PAGE 6



RESOURCES:

Kansas LEAN Food Professionals Task Force

Nebraska Ag in the Classroom

The Food Guide Pyramid...Beyond the Basic 4. U.S. Department of Agriculture

Illustrations by Consuelo H. Udave, ©, 1993

Costs associated with this publication are available from the Idaho Wheat Commission in accordance with Section 60-202.

Idaho Wheat Commission

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